**Flying Fox**

**LOCATION**

Flying fox is located on camp site near the fire pit area, bellow the equipment shed and at the top end of the camp.

**DESCRIPTION**

The harnessed member is attached to a ‘pulley and strop system at the mounting point, which runs freely

The harnessed participant is attached to a ‘pulley and strop’ system at the mounting point which then runs freely via gravity along a cable to the lower dismount point 130 metres away. The mounting point is at ground level and so is the dismount point. A rolling platform is to be used to assist with the dismount at the completion of the ride. A bungee system ensures that the participant arrives safely at the end of the ride.

**EQUIPMENT AND RESOURCES**

All equipment is available on camp site. Equipment and resources include:

* Helmets
* Harnesses
* Bungee cords
* Pulley and strop system

**AGE SUITABILITY**

This activity is suitable for participants aged 6 plus with a weight limit of 140kg. All participants are to be wearing a harness, correctly fitted to complete the activity.

**VICTORIAN ESSENTIAL LEARNING STANDARDS**

|  |  |
| --- | --- |
| **VELS LEVEL** | **DIMENSIONS & STANDARDS** |
| **4** | **Movement and physical activity**   * Students perform confidently and efficiently in a range of movement environments (indoor, outdoor, and aquatic). * They refine basic and complex motor skills and apply these skills in increasingly complex games and activities |

**RATIOS**

The ratios and qualifications for this activity have been taken from the Education Department Challenge Ropes Course guidelines and the Adventure Activity Standards (AAS)

The supervision strategy will differ depending on the relevant conditions as well as the group participating in the activity.

|  |  |  |
| --- | --- | --- |
| **FLYING FOX Staffing** |  |  |
| **Organisation** | **Staff Required** | **Participant numbers** |
| **ADANAC Staff** | 1 | 1-18 |
| **Group Leaders** | 1 | 1-18 |

**ACTIVITY STAFFING**

This is a specialised activity and must be run by ADANAC Program staff.

The activity leader will therefore be an ADANAC Program Staff member while a teacher/leader is deemed the assistant Activity Leader. The assistant Activity Leader is responsible for overall supervision, behaviour and safety of the participants at an activity. This includes to and from the activity and for those participants awaiting their turn.

For this activity there must be:

1 ADANAC Staff member for 1-18 participants and

1 Group Leaders for 1-18 participants

NOTE: If the number of participants increases the user group may have to provide more staff for the activity.

**LEADER REQUIRED EXPERIENCE**

The Activity leader should be aware of relevant safety factors as outlined in the Flying Fox SOP and Activity Safety Guide. They should be trained in the correct fitting and use of the Vertical High Top Harness, helmet and all other flying fox equipment.

ADANAC CYC instructors have all these necessary qualifications

**ASSISTANT REQUIRED EXPERIENCE**

User group leaders assisting with the running of this activity must be trained and signed off on the flying fox rules and dismount safety procedures, by ADANAC staff.

**PARTICIPANT REQUIRED EXPERIENCE**

No previous experience is required

**AIM**

To work as a team and encourage one another to travel the length of the Flying Fox while wearing the full body harness.

**FOCUS**

To team build by encouraging and supporting each other while using the flying fox. To also follow safety guidelines

**BEFORE YOU START THE ACTIVITY**

This activity must be run by ADANAC Program Staff

The assistant leader must be trained and signed off by ADANAC Program staff before they can supervise this activity.

Ratios: The ratios and qualifications for this activity have been taken from the Victorian Education Department Flying Fox Guidelines and the Adventure Activity Standards (AAS).

The standards for supervision will vary depending on the type of venue and relevant conditions as well as the group completing the activity. School groups will need to comply with the Victorian Education Department ratios however other groups (church, youth etc.) may comply with AAS ratios (please see ratios in Flying Fox document)

1. Assist and ensure that the ADANAC Program staff is prepared.

\* Collect Flying Fox equipment from the Program Office

\* Unlock the boat shed

\* Unlock the dismount Platform

\* Set up bungee cords for the braking system

\* Attach pulley and strop to the Flying Fox cable

\* Set up harnesses and helmets

**ACTIVITY PROCEDURE**

2. Direct participants to the Flying Fox area (see ADANAC Map) and complete a group safety briefing.

**Mounting Area:**

* ADANAC staff to fit and check all harnesses and helmets prior to using the ride.
* Each participant must be appropriately attired as indicated in Flying Fox document
* Only one person on the Flying Fox at any time.
* Participants must remain upright at all times.
* Under no circumstances is the Flying Fox to be used after dark or without authorised supervision.

**Dismounting Area:**

* Participants cannot remove their harness and helmet until they have left the platform and returned to the start of the ride.
* ADANAC staff will assist in the removal of the harness and helmet so that there is an efficient transition between participants.
* The bike should not be used until the Mounting Area instructor gives a signal.

3. Discuss and explain aim and focus with all participants

4. Participants begin using the Flying Fox

**Mounting Area**

* Ensure a safety line is visible for participants to identify the distance they need to keep between turns.
* Participants that are waiting for their turn need to be standing behind a safety line
* One participants at a time will be equipped with safety gear ( helmet and full body harness)
* Ensure that the safety gear is not damaged and that it is properly adjusted to each participant.
* Ensure that the flying fox cable is stable and secure
* Ensure that the landing area is safe and free from any hazards such as equipment, bystanders and natural elements which may be dangerous to the participant at landing and interfere with dismounting.
* Ensure that a signal is established between the mounting and dismount area which indicated that the zones are clear
* Ensure that the following participant is standing by in line and ready to be harnessed after each turn
* Connect each participant as their turn arrives to the flying fox cable
* Ensure that time is taken between turns to ensure participants have safely left the dismount area

**Dismounting Area**

* Ensure that boundaries are clear which indicate the danger zone and participants who have just been dismounted are safely directed to the exit pathway
* Once the participant has come to a complete stop place the dismount platform under their feet ensure the platform is stable and position the participant safely onto the platform then commence disconnecting the participant from the flying fox
* Once participants have been disconnected guide them out of the danger zone with their helmets and harness to the back of the waiting participants
* Climb on top of the platform
* Connect the flying fox pulley and strop to the return rope
* Disconnect the flying fox from the brake
* Climb down the platform remove to its allocated safety area and indicate clearance to the mounting area

**Considerations**

1. Participants may change their minds about taking part in the activity. If this occurs ensure that they are safely removed from the mounting area immediately.
2. **Follow the following steps :**

*Connect participant to the safety strop*

*Ensure participant steps onto the ladder*

*Ensure they are stable and ready to be disconnected from the safety strop*

*Disconnect the participant from the safety strop and ensure they climb down safely returning to the safety area.*

1. Ensure that the strop lengths are appropriate in order to avoid contact with objects, cable and ground and to ensure dismount can be carried out effectively and efficiently.
2. Asses weather conditions prior to commencing the activity of the day. Ensure that visibility between the mounting and dismount area is clear. Ensure that signals to confirm dismount and dispatch are discussed and practiced prior to commencement.

**Closure**

Once the activity is complete and participants are all gathered together Initiate a discussion about their experience and encourage any questions which they may have to be put forward and aim to answer them to the best of your ability.

Provide the group with constructive feedback about their performance and how well they followed instructions and procedures. Ask them about their opinions on how well they performed individually and as a group. Recap on basic safety rules to ensure participants consolidate the importance of keeping safe.

**Packing up**

Ensure that all equipment is gathered in one area, counted and packed up.

Ensure that the strop and pulley are disconnected from the flying fox and returned to the office after each session.

On the final day and final session ensure that all equipment is collected and placed in the appropriate box for storage. Consult with the staff members of the camp.

***This includes***

* **Harnesses**
* **Helmets**
* **Strop**
* **Pulley**
* **Bungee cords**
* **Dismount platform**

**References**

*Christian Youth Camps LTD. (2010). RMP. Retrieved August 15, 2012, from Adanac:* [*http://adanac.cyc.org.au/schools/rmp/*](http://adanac.cyc.org.au/schools/rmp/)

*Authority, V. C. (2007). Health and Physical Education. Retrieved August 10, 2012, from Victorian Education Learning Standards (VELS): http://vels.vcaa.vic.edu.au/vels/hpe.html*





